



# The Sentinel

U.S. Army Center for Health Promotion and Preventive Medicine

Summer 2004

## CHPPM-South Provides Training for Guards

By: Erin Stanwix, Project Manager, CHPPM-South

Members of the Field Preventive Medicine Division and Entomological Sciences Division, CHPPM-South, Fort McPherson, Georgia, provided a Deployment Occupational and Environmental Health Surveillance-Technical Assistance Visit for the 256<sup>th</sup> Basic Combat Training, an activated National Guard unit from Louisiana. This training focused on the entomology and vector-borne disease aspect of the detachment's responsibilities.

In preparation for deployment, Soldiers were given training on various arthropods of military significance including an extensive discussion and identification of mosquitoes, sand flies, Leishmaniasis, and other medical threats overseas. In addition, a thorough discussion was directed at pest control operations overseas, and MAJ Jennifer Caci gave first-hand knowledge of her experiences in Iraq. Furthermore, a demonstration was given on the proper way to spray uniforms with permetherin; approximately 60 to 70 uniforms were treated.

## CHPPM's PA in Iraq

Photos and Story by: CPT Roberto Marin, Directorate of Epidemiology and Disease Surveillance

As a Physician's Assistant in Iraq working in a Support Battalion, the best part of the job is taking care of our Soldiers (we are maintaining our trauma skills) and going on Civil Affairs missions, "winning the hearts and minds" of the Iraqi people. Other duties include conducting Iraqi Civil Defense Corps and Iraqi Police recruitment physicals and yes, treating the enemy prisoners of war in the Brigade Interrogation Facility that attempted or caused our Soldiers injuries or deaths. The worst part of the job is pronouncing the death of one of our own.



A happy ICDC soldier after a shrapnel injury



An EPW with chest pain



**"Winning their hearts and minds"**

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## HOOAH to CHPPM - Pacific!

### **Soldiers Participate in a Self-Defense Event**

Three Soldiers were invited to represent Camp Zama at the Bon Adori Festival held at the Japanese Ground Self-Defense Force Headquarters in Tokyo, Japan. The event was sponsored by the Command Sergeant Major of JGSDF.

### **Armed Forces Tokyo Visits CHPPM-Pacific**

The personnel assigned to Medical Entomology/Disease Surveillance Laboratory were interviewed by SPC Courtney M. Thomas for the Armed Forces Network "Pacific Report" news program. The segment aired in August on the Pentagon channel, and the AFN Pacific channel will report on missions of the lab, to include: mosquito surveillance, insect education, arthropod-borne disease diagnostics, and biological warfare agent detection.

### **Employees in Korea get Training**

Two personnel from CHPPM-Pacific provided training to seven Department of Public Works Laboratory employees in Korea. Training consisted of balance and autopipet calibration/verification, inorganic (e.g., fluoride, nitrate and nitrite) analyses troubleshooting, and data recording.

### **Medical Briefing**

The monthly Medical Morning brief was conducted on July 21 by the Health Promotion Educator to incoming personnel to the U.S. Army, Japan community. This briefing is part of the newcomer's orientation and is designed to provide new Soldiers, civilians, and their dependents with up-to-date information on the Installation Health Care System, benefits, programs available, and point of contacts. Fifty-one participants attended.

### **Training Class For Bon Adori Festival**

CHPPM-Pacific Environmental Health Program conducted a 45-minute Food Handler's class in July for the food vendors scheduled to participate in the Bon Adori festival held at Camp Zama, Japan in August. The class covered basic principles of sanitation for food handling and preparation. Eleven people attended the class.

### **Lab Accreditation**

The Environmental Laboratory Division was recently notified that the laboratory passed its American Association of Laboratory Accreditation audit. This audit is conducted every 3 years and is mandatory to maintain their accreditation.

The Medical Entomology and Disease Surveillance Laboratory was recently notified of its first time pass for A2LA accreditation in Reverse Transcription-Polymerase Chain Reaction and polymerase chain reaction diagnostics, along with accreditation in the ruggedized advanced pathogen identification device and electrochemiluminescence platforms for detection of biological warfare agents. This is the only laboratory of its kind in the Pacific Theater, and it's a major accomplishment for CHPPM-Pacific.



## CHPPM's Own Purple Heart Recipient

*By: Deborah Asbury, Deputy Chief of Staff for Resource Management  
Human Resource Officer*

**Mr. Neoclis (Nick) Kyriazis** was honored as a recipient of the Purple Heart during a ceremony on August 7 on the grounds of the U.S. Ordnance Center and School Museum at Aberdeen Proving Ground, Maryland. The Purple Heart was established by General George Washington in 1782, making it the military's oldest award. The Purple Heart is awarded to members of the Armed Forces who, while engaged in combat with an enemy of the United States, are killed or wounded. It is estimated that more than 1.5 million Americans have been killed or wounded in combat operations against enemy forces since 1776, when the country was founded.

The Aberdeen Proving Ground military and civilian community joined with the Military Order of the Purple Heart in dedicating the State of Maryland Purple Heart Memorial. This is the first time that this special state memorial was dedicated on federal property. The date of the dedication coincides with Purple Heart Day, observed on August 7 of each year by members of the MOPH.

BG William M. Lenaers, OC&S commander and Chief of Ordnance welcomed the dignitaries and guests who included COL Kevin M. Smith, OC&S Deputy Commander and Chief of Staff; Michael Baker, representing Maryland Senator Barbara Mikulski; George W. Owings III, Secretary of Veterans' Affairs, State of Maryland; Andrew H. Anderson, Commander, Department of Maryland MOPH; Edward J. Oliver, MOPH Senior



*Photo courtesy of Mr. Neoclis Kyriazis*

Vice Commander; retired MG Joseph Brooks, Chairman of the Harford County Commission on Veterans Commission; and Jane Cross, wife of the late Blair Cross, the Maryland Veteran of the Year for 2004.

Kyriazis was born on the British colony of Cyprus to a Greek father and a French mother. In 1966, he immigrated to the U.S. and joined the U.S. Army. Following duty at Fort Bragg, North Carolina and Fort Gordon, Georgia, he was assigned as a Sergeant with the 23<sup>rd</sup> Infantry Division in South Vietnam, approximately 28 miles from the Demilitarized Zone, where he served from July 1, 1968 to June 30, 1969.

Kyriazis remembers the early morning hours of February 25, 1969, when North Vietnamese regulars crossed the DMZ and launched a massive barrage of artillery followed

by a tremendous infantry wave assault on the military base where he was assigned. Calls for reinforcements were met with discouraging results as no troops came immediately to their aid; the base was about to be overrun. Had it not been for the air support from the Cobra helicopter gun ships that came to their aid and turned the tide, the outcome would have been much different. Casualties were very high among his troops and even higher for the North Vietnamese attackers. During the conflict, Kyriazis was wounded in the leg. He was evacuated to a medical facility (Whispering Pines Mobile Army Surgical Hospital better known as, MASH) where the fragment was removed from his leg and the wound attended. Kyriazis was recommended for a direct battlefield commission to

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*Purple Heart Recipient  
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First Lieutenant, Infantry. However due to lack of U.S. citizenship, he could not be appointed. Following his tour of duty in Vietnam, he did receive a promotion to Warrant Officer One.

In addition to his Purple Heart, Kyriazis was awarded 20 other military awards, including three Army Commendation Medals.

He holds a Bachelor of Arts Degree in Sociology from Wilmington College, New Castle, Delaware and a Masters of Science in Administration from

Central Michigan University, Mount Pleasant, Michigan. He is also fluent in the French and Greek languages.

Kyriazis joined CHPPM in 1990 where he is still serving as a Management Analyst in the Deputy Chief of Staff for Resources Management.

## *Women's Equality Day Ceremony*

Aberdeen Proving Ground's Federal Women's Program held its annual Women's Equality Day award ceremony at the Top of the Bay club on August 11. This annual event recognizes individuals and organizations for their commitment to the goals of the Federal Women's Program.

CHPPM's nominees were Ms. Carmen Adrover for Woman of the Year and Dr. Edward Evans for Supervisor/Manager of the Year. Mr. Stephen Kistner, Deputy for Technical Services, accepted the nomination award for CHPPM as Organization Most Supportive of FWP Goals.

Special guests included MG John C. Doesburg, Commander, APG and the U.S. Army Research, Development and Engineering Command and Mrs. Michelle Ridge, national spokesperson for the Channing Bete Company.

During Doesburg's opening remarks, he compared the Women's Army Corps trailblazers who struggled for equality to women in uniform today who stand ready.

He introduced Ridge as someone with whom he had much in common and read her biography of personal accomplishments. "Her many awards are testimony to a life spent serving," Doesburg said. Ridge formed her remarks around the 2004 theme, "Women Inspiring Hope and Possibility." "There are tremendous opportunities for women today because so many others blazed the trail," she said.

She talked about her role as the spokesperson for Channing Bete, a company that offers an array of nationally acclaimed products and tested programs focused on areas such as smoking prevention and cessation, substance abuse, violence prevention, and school success. The company helps organizations and communities with their prevention needs through education and awareness, community mobilization, needs assessment, plan development, and program implementation and evaluation. The Channing Bete Company also provides publishing, promotion, and fulfillment services for the American Heart Association and Prevent Child Abuse America.



MG Doesburg presents Mrs. Michelle Ridge with the FWP award of appreciation.

Ridge said that as the wife of a former Pennsylvania governor, Tom Ridge, who now serves as the Secretary of Homeland Defense, she had the opportunity to chair the Community Partnership for Safe Children programs. She said volunteerism and people taking the initiative to step forward and work toward a better tomorrow bring hope to millions. "Wherever your local community is, you can make that kind of difference," Ridge said.

*Information & photo provided by  
Yvonne Johnson, APG News*

Colonel's Corner

## A Year of Preventive Medicine Anniversaries; CHPPM Mission Has Old Roots and New Branches

By: COL Bruno P. Petruccelli, Directorate of Epidemiology and Disease Surveillance

This year the nation commemorated the cross-channel invasion of Nazi-occupied France, marking the 60<sup>th</sup> anniversary of the turning point of modern world history. It is a time for the whole country to reflect deeply on the price paid for what we have, and a time for those serving military organizations to reflect on the important meaning of their work.

Every year brings special anniversaries, and 2004 is no exception. But 2004 is of particular importance to U.S. Army Center for Health Promotion and Preventive Medicine and its mission of military preventive medicine. In August, many gathered in Albuquerque, New Mexico to take part in the 7<sup>th</sup> Annual Force Health Protection Conference. CHPPM will cross the 10-year mark since its name, new organizational structure, and expanded mission began. The U.S. Army Environmental Hygiene Agency was re-designated CHPPM (Provisional) on August 1, 1994. That same year, the new command took over operational control of the 10<sup>th</sup> Medical Laboratory—now CHPPM-Europe. What has happened since that day is the most significant reorganization of Army preventive medicine since World War II.

Among many other changes, three major preventive medicine functional areas have been consolidated under CHPPM, corresponding to the Directorates of Epidemiology

and Disease Surveillance, Health Promotion and Wellness, and Health Risk Management. As current Director of EDS, I would like to take you back through decades of our public health past as we recall some milestones which we now celebrate.

No better place to start than 150 years ago, when in 1854 at least three significant events occurred. A cholera epidemic in London ceased when epidemiology pioneer John Snow removed the handle from the famous Broad Street pump. Also on the European side of the Atlantic, the year ushered in a new chapter of military history with the start of the Crimean War, out of which emerged the military nursing profession thanks to one of the greatest of public health pioneers, Florence Nightingale. Meanwhile, another preventive medicine pioneer was just coming into the world. Born that year was William Gorgas who, 50 years later, would eradicate yellow fever in Cuba.

Ten years later, in 1864, two seminal books became available to military health professionals. *A Manual of Practical Hygiene Prepared Especially for Use in the Medical Service of the Army*, later used both in England and the U.S., was published by Edmund Parkes. Parkes was a professor at the Royal Army Medical School an institution created in part because of Nightingale's recommendations. Here in the States, just as our own



Civil War was entering its final year, *Military Medical and Surgical Essays Prepared for the U.S. Sanitary Commission* was edited by Army Surgeon General William Alexander Hammond, who had recently founded the Army Medical Museum, precursor of the Armed Forces Institute of Pathology and our military laboratory system.

Moving ahead another decade to 1874, *War Department General Orders No. 125* substantially strengthened hygiene requirements at military posts, stations, and camps. In particular, the Monthly Sanitary Report was established—a precursor of command health reports (and, it could be argued, the Medical Surveillance Monthly Report).

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*Preventive Medicine Anniversaries*  
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Skip ahead two decades with me now to 1894, the first full year of operation of the U.S. Army Medical School, a graduate institution preparing physicians to become Army medical officers. First recommended by Hammond 30 years earlier, it was finally established by Civil War physician-veteran George Sternberg shortly after he became Surgeon General. The first faculty included military hygiene professor John Shaw Billings and CPT Walter Reed, who would become models for all future military preventive medicine researchers. Reed's name ultimately remained attached to the School (today Walter Reed Army Institute of Research or WRAIR) and to another of Hammond's original ideas that came to fruition, a dedicated Army hospital (today Walter Reed Army Medical Center or WRAMC). Also in 1894, British investigators, Sir Patrick Manson and MAJ Ronald Ross, launched experiments in India that would prove *Anopheline* mosquito transmission of malaria. A few years later, in one of the earliest epidemiological consultations or "EPICONS", a team led by Walter Reed, proved mosquito transmission of yellow fever in Cuba.

The next 10-year mark is 1904—one hundred years ago—when U.S. construction of the Panama Canal began. The success of the project hinged on two organizations: the U.S. Army Corps of Engineers and the U.S. Army Medical Corps. The latter mostly accounted for U.S. completion of construction where the French had previously failed, as preventive medicine chief, COL William Gorgas, applied his recent mosquito control

experience clearing Havana of yellow fever after the Reed commission's findings. Research translated very quickly into practice.

Ten years later the Canal was completed in 1914. The Great War (World War I) in Europe also began that year, and while it unfortunately did not "end all wars," it forever changed the way wars would be fought technologically—for preventive medicine as much as for combatants.

The year 1924 gave us the first successfully produced tetanus toxoid that could be used effectively as a vaccine in humans—the real proof of which was well established in military troops during the Second World War (World War II).

This year is the 70<sup>th</sup> anniversary of the first use of an antimicrobial compound to kill disease-causing bacteria; the beginning of the "golden age of medicine." In 1934, German pharmacologist Gerhard Domagk observed that a simple dye cleared mice of streptococcal infection. He saved his own daughter's life when he administered her the dye as a last resort during a severe streptococcal disease. The active ingredient turned out to be sulfanilamide.

There are some 60<sup>th</sup> anniversaries to be considered. The first two years of World War II had stimulated the chartering of two relatively small, but important, U.S. military public health entities: the Board for the Investigation and Control of Influenza and Other Epidemic Diseases in the Army, and the Army Industrial Hygiene Laboratory. In 1944, the name of the former was changed to the Army Epidemiology Board (today the Armed Forces Epidemiology

Board). As the last year of World War II was just beginning, so was the last year that the AIHL, CHPPM's precursor, would reside at the Johns Hopkins University School of Public Health. (Next year we can celebrate 60 years at our Edgewood home.) Also in 1944, streptomycin was used to treat a case of tuberculosis for the first time at the Mayo Clinic.

We celebrate the 50<sup>th</sup> anniversary this year of a truly pivotal accomplishment in modern public health history. In 1954, the Salk vaccine underwent a nationally conducted clinical trial. Also, the measles virus was successfully isolated.

Forty years ago, in 1964, funds were appropriated by Congress to construct a new building for the AEHA at Edgewood. This was also the first year of regular use of the (then very new) measles vaccine.

In 1974, when immunization rates averaged about 5 percent globally, the World Health Organization initiated the Expanded Programme on Immunization, (each year since has saved an estimated 3 million lives and prevented 750,000 cases of childhood disability). This was also the year that Takahashi and colleagues produced the first live attenuated chickenpox vaccine (Oka strain) in Japan. Practical use of the vaccine did not begin until 15 years later. The more dreaded pox—smallpox—started its final descent toward eradication during this turning-point year of 1974 as well.

Over the last 150 years, the tenets of public health and preventive medicine have become so integrated with

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## Baseline Surveys Conducted in Oregon

*By: Ernest Crutcher, Certified Industrial Hygienist*

CHPPM-West conducts Industrial Hygiene Baseline Surveys of Oregon Army National Guard Armories. Two members of CHPPM-West's Industrial Hygiene Division conducted baseline surveys of the Armory/Auditorium, Anderson Readiness Center, and Oregon Army National Guard Headquarters in Salem, Oregon. The baseline survey teams conducted lead-wipe samples, a general indoor air quality survey, and a program review of various health and safety programs. In addition, recommendations will be provided to eliminate or minimize potential health hazards for each Armory. This is part of an on-going project to conduct baseline surveys for over 40 armories in the state of Oregon.

## Lake Front Activities for CHPPM-SOUTH

*By: 1LT Michael Greifenstein, Environmental Science Officer*

Personnel from CHPPM-South were able to break the confines of the office and head outdoors for some well deserved fun in the sun during their annual organizational day picnic. This year's lake front activities were held at Stephens Lake on CHPPM-South's sister installation, Fort Gillem, Georgia. The unit enjoyed great food, great weather, and plenty of activities throughout the day. Some of the highlights from this year's activities included an intense softball game between the members of CHPPM-South, horse rides provided by Ms. Heather Queen, and a Moonwalk inflatable jumper for the children. The day's activities left all of the attendees with smiles on their faces, fond memories, and of course full bellies!



CHPPM-South family members enjoying a day of horseback riding at the annual organizational day picnic.

*Photo courtesy of 1LT Michael Greifenstein*

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medical practice and governmental policies that, quite often, it seems professionals and organizations focusing almost exclusively on prevention reach public attention only when their efforts appear to have failed. The challenge for health departments, schools of public health, and other prevention-focused organizations is to maintain the best achievable balance between diffusion of knowledge and authoritative influence.

In the military where preventive medicine has disseminated across the Services, integrating doctrinally with training, garrison, and combat service support operations, the AEHA met this challenge quite well for over 50 years. Over the last 10 years, CHPPM has had to keep pace with a rapidly changing Army in order to push out information effectively and maintain its authority as the U.S. Army Medical Command's public health center. It has done so through increasingly comprehensive health surveillance, creation of readily deployable assets, and growth of a remotely accessible information archive, among many other evolving capabilities. Let us look forward to the next decade of *Conservare Salutem*—MAINTAINING [and Promoting] HEALTH!



# The Role Of The Inspector General

By: LTC Vergel Layao, CHPPMs IG

Inspector Generals, as a breed, are about as welcome as the Internal Revenue Service guys at tax time. A common misconception is that they really don't have any friends except maybe lawyers and chaplains. For many people, including many commanders, the IG evokes negative thoughts of prying investigations, painstaking audits, and disruptive inspections. During the early 1980s, a busload of IGs would arrive at the command and look at a check-off list of items such as weapons cleaned and maintained, quantity of requisition not matching what the command had on hand, and other "go or no-go" areas. That visit was part of the dreaded IG's Annual General Inspection, and its grading system was very black and white. There were few events then that generated as much organizational angst as the AGI. Commanders and first sergeants were fearful of this IG visit since their ultimate success could be based on their passing the AGI. Even worse, if you wanted them to have a complete nervous breakdown, mention a "no-notice IG inspection" and panic would immediately set in.

Because the IG, during the AGI, was not looking at the process in its totality, the IG was viewed as not totally supportive of the warfighter. The perception was that valuable hours were spent preparing for the AGI rather than focusing on training and readiness. And so, the early 1980s heralded a significant change in the way IGs did inspections. The traditional general inspections focused on evaluating the unit's

compliance to various regulations and tended to address only the symptoms rather than causes. The IGs began compliance-systemic inspections and now look for causes rather than symptoms, examine policy for errors or omissions, trace unit issues to Army-level problems, emphasize correction at the proper level, and stress follow-up inspections to ensure that corrective actions are truly solving the problem.

It is important to note that the IG has a long-standing tradition in the history of our Army. For more than 200 years, Army IGs have inspected, audited, investigated, trained, and performed those duties necessary to support the Army. In fact, the Army's IG System that provided a review of the combat readiness of the Continental Army's troops, became the basis of establishing IGs at most federal, state, and local levels. The concept of having an independent audit and investigative system did exist more than 225 years ago as it does today.

How relevant are the IGs of today? As the commanding general's plate is always full, the IG is the CG's personal staff officer and provides him or her with a sounding board for sensitive issues. The IG becomes his or her extension of command; his or her eyes, ears, and conscience. The Commander views the role of the IG to determine and report on the economy, efficiency, discipline, morale and esprit de corps, readiness, and resources of the command. In short, the IG should be interested

and involved in every aspect of the command.

The readiness of the command depends heavily on the morale and welfare of the members of the command. Each of us, Soldiers and civilian employees alike, deserves competent leadership as well as a work environment free of prejudice, sexual harassment, favoritism, and reprisal. The IG complaint system is a forum available to all of us to air grievances, point out injustices, and alert the command of potential fraud, waste, and abuse, misconduct, improprieties, and mismanagement. As part of the IG's investigative mission, the IG will take a proactive and aggressive step to uncover and investigate those types of allegations and determine the facts so that commanders and supervisors may take proactive actions. The bottom line to remember though, is that although an IG can investigate, substantiate, or not substantiate an allegation on the basis of fact, he or she is not a commander or policy maker and cannot order a resolution.

As readiness and discipline are part of the IG's charter, so are economy and efficiency. The IG does the latter through inspections. Unlike the AGIs of the past, the IG inspections of today identify systemic issues and root causes of these issues, especially those issues that are beyond the ability of the subordinate commander or a director to solve. Through its inspection program, the IG attempts to be an agent of positive change and

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## IH Monitors SOHA

By: 1LT(P) Richard Ramos, CHPPM-West

CHPPM-West performs noise dosimetry and carbon monoxide monitoring for STRYKER (Soldier Occupational Hazard Assessment) troops in Shoot House Training at Fort Lewis, Washington. As part of the ongoing STRYKER, the Industrial Hygiene Division at CHPPM-West measured noise and carbon monoxide exposure to Soldiers of the 1/25 STRYKER Brigade Combat Team during Shoot House training on June 8. Noise exceeding 85 decibels A-weighted, generated by the vehicle's engine, electronics systems, remote weapons systems, and individual weapons, remains the most prevalent exposure and highest physical health hazard to troops associated with STRYKER vehicles operations. Properly fitted and serviceable hearing protection remains the best means to reduce this hazard.

The new Combat Earplug is also being surveyed as part of this study. Besides providing hearing protection, Soldiers and commanders of the SBCT stated increased confidence and improved communication capability with the Combat Earplug.

## CHPPM-West Participates In Annual Table Top Exercise

MAJ Chris Jenkins, Chief, Field Preventive Medicine Division, represented CHPPM-West at the I Corps and Fort Lewis, Washington's annual Chemical Biological Radiological, Nuclear, Explosive table-top exercise, "Cascade Castles." This year's scenario involved a simulated biological weapon terrorist attack against the installation. Fort Lewis is one of six Department of Defense installations participating in the federally funded Joint Service Installation Pilot Project program. This exercise tested the JSIPP chemical and biological weapon detection arrays and the installation emergency management plan. Environmental sampling and plume modeling were critical force health protection factors. Even so, the numbers of simulated casualties required extensive coordination between federal, state, and local medical treatment facilities. Participants included representatives from the Defense Threat Reduction Agency, the Federal Bureau of Investigations, and emergency management and public health officials from the state of Washington and neighboring counties.

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continuous improvement. He or she may question existing procedures but must build a relationship with commanders based upon both their commitments towards improving the program of operations and effectiveness. This cooperation, mutual respect, and trust are the key ingredients for measuring the success and effectiveness of command. In other words, commanders should be treating the IG as their best friend and not their worst enemies.

In summary, as the Army is evolving, so is the IG. Over the last several years, the IG has been operating in a changing environment. In addition to the traditional roles, new responsibilities and challenges have emerged. As our neat, orderly, and linear world no longer exists and operational tempo/personnel tempo are now at an all-time high, we can expect the turbulence and stress on the Soldiers and civilian employees to remain high, as well. Thus, the IG's main work should not only be to inspect units but to find ways to improve the command's ability to support its readiness mission. That can be done by motivating and educating, not just telling Commanders what is broken. The IG must explain the standards, suggesting ways to improve and even guiding the CG towards a better way of getting the job done. So the next time an IG knocks on someone else's figurative door, do not panic or curse but instead remember that the IG is truly there to help.

Editor's note: LTC Layao has served as CHPPM's first-full time IG since September 2001. His other IG experience includes three years of service as a member of the Department of the Army IG's Force Readiness Team.

# Force Health Protection Conference Focuses on Transformation

By: Ann Ham, CHPPM Public Affairs Officer

“Supporting Military Transformation” was the theme of the 7<sup>th</sup> Annual Force Health Protection Conference held August 8 through 13 at the Albuquerque, New Mexico, Convention Center. CHPPM hosted the conference which brought in 1,400 attendees including members of all military services, Veterans Health Administration, the Public Health Service, and a limited number of foreign nationals.

The 400 technical presentations dealt with updates from subject matter experts in the fields and exchanges of experiential information on conditions and situations that affect deployed and non-deployed service members, their families, installations within the United States, and locations outside the United States.

“Our idea is to keep the Soldier as protected as we can,” said MG Kevin Kiley, Acting Commander of the Army Medical Command, in his address to a plenary session.

“What we don’t know *will* hurt us,” said Kiley. “I agree with that, but I would suggest to you that you all have done an absolutely superb job since 9-11 in capturing hazards, in developing doctrine that in the next 10 to 12 years is going to make us even better, more effective and safer, and making our Soldiers safer both at home and abroad.”

Nine conference tracks dealt with a full range of preventive and environmental medicine issues and tools that reinforce Kiley’s vision. The tracks covered analytical sciences, behavioral health, community and population health, deployment health care, environmental sciences, health physics and radiological sciences, occupational health sciences, occupational and preventive medicine, and Veterans Affairs health.

The behavioral health track presentations on post-traumatic stress syndromes of redeployed and



COL John Ciesla, Acting Commander of USACHPPM, welcomes MG Kevin Kiley, Acting MEDCOM Commander, to the 7<sup>th</sup> Annual Force Health Protection Conference.

deployed service members drew standing-room only attendance. Mental health care workers and other concerned professionals discussed levels and techniques of support now provided and adjustments required to better serve an increasing number who seek help in this area.

“We have to accept that the pace of operations that we are undergoing in this war on terrorism isn’t going to abate,” said Congresswoman Heather Wilson of New Mexico at a plenary session. “This is not a crisis for which we can surge and then send everybody home. It means that we have to organize, train, and equip for a long war that will be both an ideological struggle and will involve our active Reserve and Guard forces as we call upon them to do the mission that this country demands of them.



Conference attendees await registration at 7<sup>th</sup> Annual Force Health Protection Conference.

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## CHPPM Conducts GIS Training

By: Larry Gissentanna, CHPPM-South

CHPPM conducted a Geographic Information Systems and field data collection training in July. Mr. Jason Edmondson and Mr. Pat Dickinson, from CHPPM's GIS Branch, Deputy Chief of Staff for Information Management, provided the training. CHPPM-South continues to use GIS training events such as this as a platform to improve its GIS methods and products, leveraging CHPPM-Main GIS Branch where needed. The CHPPM-South GIS section has received and loaded the current version 9 of Arc View GIS software on its GIS workstation. Edmondson stated that the GIS files reside on shared drives for all CHPPM-South personnel to use. All GIS training tutorials, manuals, and presentations are installed as well, which allows the project officers to conduct GIS refresher training whenever needed.

The personnel who completed this training have been authorized access to the GIS metadata search tool at CHPPM-Main to research and obtain geospatial data. Users from the CHPPM-South Environmental Health Engineering, Entomological Sciences, Industrial Hygiene, and Field Preventive Medicine Divisions will begin to develop initial mapping projects based on this capability.

This functionality is being expanded within EHED and ESP, specifically regarding ongoing project work for pest surveillance and control and water, soil, and hazardous waste sampling.



Photo taken on Hedekin Field, Fort McPherson Georgia. Left to right, Mr. Steven Golub, Mr. Larry Gissentanna (Environmental Health and Engineering Division), CPT Kenneth Berry (Industrial Hygiene Division), and Mr. Patrick Dickinson (CHPPM-Main, GIS Section). Individuals are logging sample points into a handheld device called "IPAQ."



Left to right, Mr. John Schenck, 1LT Leah Rogers, (Entomological Sciences Division), Mr. Patrick Dickinson (CHPPM-Main, GIS Section), 2LT Craig Ainsworth (Army Medical Student). Individuals are tracking satellites prior to taking sample points.

*Photos courtesy of Larry Gissentanna*

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"That will require that all of you keep that force in good shape, but it will require that people like me make the commitment to support the military and to give you the tools that you need to do your job," said Wilson.

Other sessions relevant to the war on terrorism at home and abroad included the use of mefloquine for treatment of malaria, epidemiology and disease surveillance of infectious diseases including leishmaniasis and other vector-borne diseases, clarification of tuberculosis screening techniques and results, the latest portable diagnostic tools to detect chemical and biological hazards in theater and decontamination methods, and protection from terrorist attacks through monitoring of water supplies at installations.

The CHPPM Risk Communication team conducted workshops to prepare health professionals, environmental managers, public affairs personnel, and others to communicate health, environmental safety, readiness, and homeland security risks.

Among the health promotion and wellness topics were obesity, use of tobacco, dangers and benefits of dietary supplements, and injury prevention. Sessions explored pre- and post-deployment health evaluation forms and the follow-up process, as well as compliance status.

COL John Ciesla, Acting Commander, and 2004 Conference Director, invited everyone to attend the August 8 through 11, 2005 Force Health Protection Conference in Louisville, Kentucky. The 2005 conference theme will be Force Health Protection – Future Force Enabler. Information will be available online by January 2005.

# Fun in the Sun

*By: 1LT David Lowe, Directorate of Environmental Health Engineering*

The hot sun on June 18<sup>th</sup> didn't stop the fun at CHPPM's annual organizational day picnic. Sponsored this year by the Directorate of Environmental Health Engineering, the picnic lured nearly 600 CHPPM employees, family, and guests out to Capa Field on Edgewood for lunch and games.

The events started at 8 a.m., with the annual Golf Tournament at Ekton Golf course. At 8:30, 12 runners and 20 walkers took their mark for the CHPPM 5K Run/2 Mile walk. LTC Alan Weir, Directorate of Laboratory Sciences, and Brandolyn Thran, Directorate of Health Risk Management came in as the fastest male and female, respectively, on the 5K run. COL John Ciesla, Acting Commander, provided opening remarks at 11:00, and the food followed shortly after. The event was catered by Atlantic Caterers, and there was plenty in the feast to go around. Between trips to the food buffet, attendees got the chance to climb around on an LMTV (Light Medium Tactical Vehicle) truck provided by the 520<sup>th</sup> Theater Army Medical Laboratory and

a STRYKER vehicle provided by the Aberdeen Test Center. Mr. Ken Williams, DLS, once again organized a classic car show for us. A little later in the afternoon, the Edgewood Fire Department arrived and gave kids and adults alike the chance to see the engines up close. The Military Police K-9 team from Aberdeen also made an appearance and gave everyone a fascinating demonstration by the working dog teams.

The kids at the picnic kept the Moon Bounce bouncing and thoroughly enjoyed the playgrounds at Capa Field. More than one water balloon found its mark when the balloon toss gave way to a free-for-all. Many dozens of bouncy balls, squirt guns, and other toys and prizes found new homes. There was also a constant line of kids and adults waiting to get a t-shirt designed by the air-brush team, whose talents impressed everyone. Some sporting events kept the adults entertained as well. As usual, the volleyball tournament gathered a lot of attention and a fair amount of competition. In an upset victory, the Directorate of Occupational Health

*Photos courtesy of Mark Fischer*



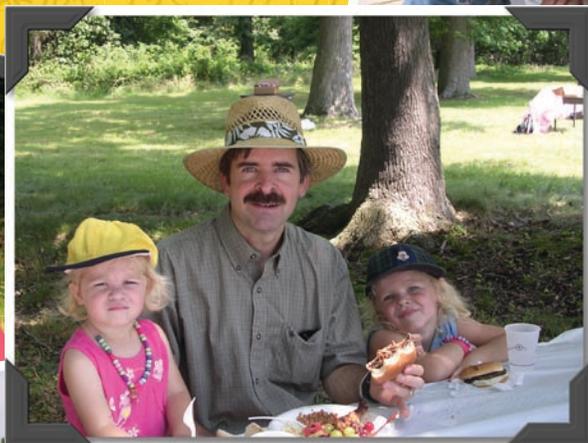
Sciences emerged victorious this year. However, planning and conspiring for next year's game has already begun. A few hardy folks ventured out on the simmering blacktop for some basketball, while others chose to play bocce ball in the shade. The bocce ball tournament was once again organized by COL Thomas Logan, Deputy Chief of Staff for Operations, and drew a lot of interest. The DJ played well into the afternoon for those who stayed around until the food and drinks were gone.

The CHPPM family once again enjoyed a day away from the normal routine and the chance to mingle with co-workers and friends.

Thanks to all who helped to make this year's picnic a huge success. A special thank you goes to Zachary Smith — for his wonderful letter about the picnic.

See Zachary Smith's letter on page 17

June 25, 2004  
Dear people that made the picnic,  
The picnic was great. The food  
was great. I had a hamburger  
and a chicken sandwich.  
I had a sticker. Then my  
partner and I went to  
the firetrucks. When  
we went inside the firetrucks



## Military News

### Arrivals

PFC Jeffrey Allen, DLS  
2LT Douglas Barrickman, DOHS  
CPT Kenneth Berry, CHPPM-South  
PV2 Kelvin Bradshaw, DCSOPS  
2LT Tomeka Colon, CHPPM-Pacific  
PV2 Matthew Dargan, CHPPM-Pacific  
1LT David Delong, CHPPM-North  
CPT Todd Furbacher, CHPPM-Europe  
SPC Aaron Ghouralal, DLS  
CPT Alexander Giambone, DEHE  
CPT Lisa Giese, APFRI  
MAJ Stephen Hall, APFRI  
SPC Amy Hickey, DHRM  
PFC Nigel Hirth, DLS  
MAJ Danny Jaghab, DHPW  
PV2 Mohamed Jomaa, DOHS  
CPT Jesse Kooker, CHPPM-Pacific  
PV2 Ryan Kopka, CHPPM-Pacific  
1LT Jorge Lopez, DCSOPS  
1LT John LaVoie, DEHE  
PFC Jian Li, DOHS  
COL Beverly Maliner, DOEM  
LTC Eric Milstrey, DCSOPS  
CPT Seguin Mosley, CHPPM-Pacific  
MAJ Ronald Ross, DOEM  
MAJ Ann Schiavetta, DTOX  
2LT Sarah Solli, CHPPM-Pacific  
MAJ Dawn Werner, DOEM  
COL Julie Zadinsky, CHPPM-Pacific  
LTC Donald Zunger, CHPPM-Europe

### Departures

MAJ Philip Cosby, DOEM  
LTC Jack Hughes, DOEM  
SGT Gerbert Flores, DLS  
LTC Ross LeClaire, CHPPM-Pacific  
LTC Timothy Mallon, DOEM  
Col Anthony O’Koren, DOEM

### Promotions

SPC Gerbert Flores to SGT  
SGT Curtis Legette to SSG  
SPC James Stevens to SGT

## Civilian News

### Arrivals

Kathleen Ackermann, CHPPM-Europe  
Kathryn Belmonte, DHRM  
Heidi Cederholm, CHPPM-West  
Wanda Dudek, DLS  
Susan O’Donnell, CHPPM-Europe  
Samuel Dunston, DOHS  
Kaprina Eaves, DLS  
Timothy Gavin, DCSIM  
Richard Getz, CHPPM-Europe  
Megan Hogan, DLS  
Jeffry Jackson, CHPPM-Europe  
Paula Knudson, DOHS  
Joseph Kupina, DLS  
Sheila Lewis, DLS  
Paul Lilley, DLS  
Ryan Martin, DEHE  
Kristin Newkirk, DTOX  
Mark Olson, DLS  
Rika Osada, CHPPM-Pacific  
Eulo Paredes, DLS  
Barrington Peart, CHPPM-Europe  
Meghan Runyon, DEHE  
Tyrone Walton, DCSIM  
Joey Zhou, DOEM  
David Ziolkowski, DTOX

### Departures

Daniele Bananto, DCSIM  
Allison Clement, CHPPM-Pacific  
Marianne Cloeren, DOEM  
Stacey Davison, CHPPM-Europe  
David Hastings, CHPPM-West  
Beata Jackson, CHPPM-Europe  
Bruce Pelka, CHPPM-Europe  
Shannon Richards, DLS  
Caprice Sylvan, DLS

### Awards and Recognitions

#### Commander’s Award for Civilian Service

David Gilbride, DEHE  
Jacqueline Howard, DHRM  
Sara Parker, SIO  
Marilyn Root, DCSRM  
James Sheehy, DHRM  
Joesph Sutphin, DEHE

#### Achievement Medal for Civilian Service

Joseph Weir, DHRM

#### Retirements

George Luz, DEHE  
Marilyn Root, DSCRM

#### Prediger, CHPPM’s Newest Professional Engineer



**Brian Prediger** is a mechanical engineer for the Industrial Hygiene Field Services Program, under The Directorate of Occupational

Health Sciences. He recently passed the Professional Engineer’s exam. Prediger is a highly motivated professional who continually seeks new challenges and always performs his duties at the highest level of dedication and professionalism. His stellar reputation and technical competence enabled his program to expand their services to other military services overseas. Congratulations Prediger.

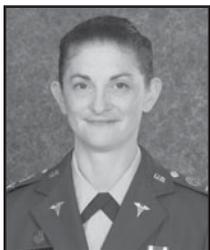


**“It’s Your Future.  
VOTE For It!”**

Contact your Voting Assistance Officer in your command NOW if you -

- ★ Are a citizen voting under the Uniformed and Overseas Citizens Absentee Voting Act.
- ★ Want to register to vote.
- ★ Want an absentee ballot to vote in the 2004 presidential election.

## New Faces at CHPPM



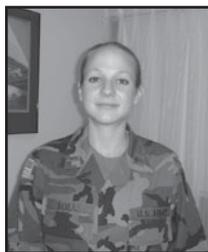
**COL Beverly Maliner** joins CHPPM as the Director for Occupational and Environmental Medicine. Prior to arriving at

CHPPM, she was an instructor and Division Executive Officer with the Chemical Casualty Care Division of the U.S. Army Medical Research Institute of Chemical Defense in Edgewood, Maryland. Maliner completed her Masters of Public Health and the Occupational Medicine Residency at the Uniformed Services University of the Health Sciences in Bethesda, Maryland in 1999. She has 15 years experience as a board-certified Family Practitioner, of which 6 years were served while stationed in Germany. Throughout her varied assignments and experiences, she has maintained a strong interest in Soldier health, wellness, and preparedness, and in education at all levels.



**Mark Olson** is with the Analytical Spectrometry Division under the Directorate of Laboratory Sciences. He

earned his Bachelor of Science degree in Chemistry and his Master's degree in Analytical Chemistry from the University of Maryland, Baltimore County, Maryland.



**2LT Sarah K. Solli** joins CHPPM-Pacific as the Assistant Chief of the Environmental Health Program. She was

commissioned through the Reserve Officer Training Corp program and attended Rensselaer Polytechnic Institute in Troy, New York, earning a Bachelor of Science degree in Environmental Engineering. Her first assignment was as Gold Bar Recruiting Officer for the Mohawk Battalion Headquarters at Siena College, Loudonville, New York. Solli attended the Army Medical Department Officer Basic Course at Fort Sam Houston, Texas. Following OBC, she completed the Principles of Military Preventive Medicine Course 6A-F5 through the Academy of Health Sciences, Fort Sam Houston, Texas.



**CPT Jesse C. Kooker** joins CHPPM-Pacific as the Chief of the Epidemiology Program. He has a Bachelor's degree in Public

Health from Rutgers University, Camden, New Jersey and a Master's degree in Epidemiology/Biostatistics from the University of Medicine and Dentistry, Newark, New Jersey. Kooker was commissioned as a 2LT in the Army Reserve in 2002 and later commissioned as an active duty officer in 2004. He looks forward to putting his epidemiology degree to work for CHPPM-Pacific and touring the beautiful country of Japan with his wife and son.



**Wanda Dudek** joins the Directorate of Laboratory Sciences as a Senior Chemist and is working for the Analytical

Spectrometry Division – Metals Team. Dudek is originally from Poland; she has a Master's degree in Chemistry from Jagiellonian University of Krakow and has broad analytical experience in the areas of determination of the trace metals, ions, and primary pollutants in environmental samples, as well as analyzing/quantification drug levels in biological systems. Her past assignments and research projects include formulating and developing materials for microelectronic industry. Before joining CHPPM, she worked 5 years for a major environmental protection agency contractor in Chicago, Illinois; several years for Microelectronic Industry in Research Triangle Park, North Carolina; and 3 years in a pharmaceutical lab in Baltimore, Maryland. In her spare time, she enjoys gardening, listening to classical music, sewing, and socializing with friends and with her husband, who is a psychologist.



**Megan Hogan** is a chemist with the Directorate of Laboratory Sciences. She is an ORISE employee and a recent graduate of

Wagner College, Staten Island, New York, where she received a Bachelor of Science degree in Chemistry. Hogan enjoys traveling, reading, and playing pick up sports.



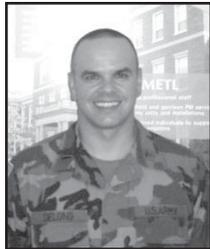
**Alyson Berkshire** joins the Sample Management Laboratory for the Directorate of Laboratory Sciences as a professional associate in the

Oak Ridge Institute for Science and Education Program. She has worked in the Sample Management Laboratory for the last four summers as an ORISE Summer Hire performing sample processing tasks. After graduating in May 2003 with a Bachelor of Science degree in Biology/Ecology from Carlow College, Pittsburgh, Pennsylvania, she enrolled at Duquesne University, Pittsburgh, Pennsylvania, where she received her Master's degree in Environmental Science and Management in May 2004. In her spare time, she enjoys cooking, crafts, spending time outdoors, and is an avid photographer.



**CPT Sequin H. Mosley** joins CHPPM-Pacific as the Field Preventive Medicine Program Officer. Prior to CHPPM, she was assigned to

Fort Polk, Louisiana as the Chief, Environmental Health Science of the Department of Preventive Medicine. Other assignments and duties include Radiation Protection Officer, Executive Officer for the 485<sup>th</sup> Preventive Medicine (Ento) Unit during a deployment exercise in 1999, and the Medical Company Commander for Fort Polk. Mosley has a Bachelor of Science degree in Environmental Science and a Masters in Health Services Administration. Mosley's husband is a retired Staff Sergeant, and they have three sons.



**1LT David DeLong** is an Individual Mobilization Augmentation Reserve Officer activated for one year to support the Entomological

Sciences Division at CHPPM-North. DeLong holds two Bachelors degrees, one in Biology and a second in Chemistry from East Stroudsburg University, Pennsylvania. He has also taken some bug/entomological courses as a post-graduate at Clemson University, Clemson, South Carolina. As a civilian, he is employed at Merck and Company, Incorporated, in Southeastern Pennsylvania supporting the manufacture of vaccines and other biological products. DeLong has prior military experience in the Reserves as a cannon crewman.

### **CHPPM's Civilian Employee 3rd Quarter, FY04**



**Katheryn Nakayama**, CHPPM-Pacific, is recognized for her flexibility, enduring patience, and relentless persistency,

which enabled her to establish an exceptional working relationship with the staffing personnel of the Civilian Personnel Office and Civilian Personnel Activity Center. Specifically, her stellar rapport with these organizations assisted her in resolving several dilemmas associated with hiring actions. Nakayama was instrumental in ensuring that administrative paperwork that precluded correct salary payment and the expeditious hiring for vacancy positions were rectified in a timely manner to the benefit of CHPPM-Pacific. Her behind-the-scene efforts

ensured that CHPPM-Pacific's civilian morale remained high, which subsequently contributed to worker productivity and efficiency.

### **Professional Associate 2nd Quarter, FY04**



**Deborah Odom** is a Research Administrative Assistant in the Strategic Initiatives Office. She has performed in an exemplary manner

during the quarter by enhancing morale through teamwork. She has shown outstanding administrative efficiency and effectiveness. Odom provided exceptional support for the February 2004 Proponency Office for Preventive Medicine offsite meeting as well as her continual support to SIO. Her ability to combine a pleasant attitude and exceptional support enables this office to perform functions that support the entire command. Odom projects energy and enthusiasm and has proved herself to be an important asset to CHPPM.

### **Professional Associate 3rd Quarter, FY04**



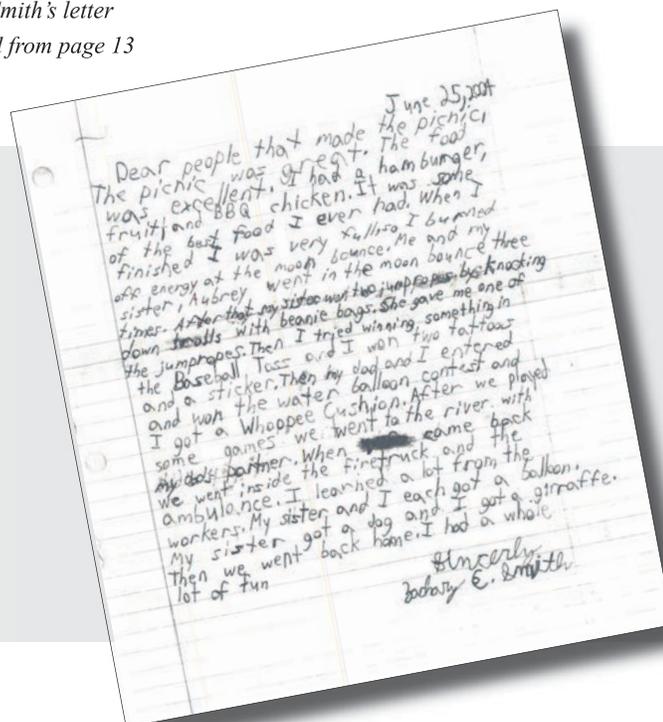
**Amy Ewing** is a Computer Technician with the Deputy Chief of Staff for Information Management. Ewing has outstanding

customer service skills and is very successful at delivering technical support to all CHPPM employees. She excels in diagnosing and solving computer malfunctions and is a valuable resource for assisting other computer users. Ewing is continuing

her education of Microsoft, and she's taking exams to expand her knowledge in the field of Information Technology. She projects energy and enthusiasm, and her flexibility in responding to the needs of her customers is second to none. Ewing's work is always professional and of the highest quality. She is a valuable resource to the CHPPM organization.



Zachary Smith's letter  
Continued from page 13



## CHPPM-Pacific Gets a New Commander

CHPPM-Pacific held a change of command ceremony on July 29 for the incoming commander, COL Julie K. Zadinsky. Zadinsky replaced COL Ross D. LeClaire, who retired in June, and the interim Commander, LTC Thomas J. Little. The ceremony was followed by a reception at the Camp Zama Community Club. COL John Ciesla, Acting Commander, CHPPM, attended the ceremony.

Zadinsky was born in McPherson, Kansas. She has a Bachelor of Science degree in Nursing from Texas Christian University, Fort Worth, Texas; a Master of Science degree in Nursing from the University of California, San Francisco, California; and a Ph.D. in Nursing from the Medical College of Georgia, Augusta, Georgia. She completed a Walter Reed Medical Research Fellowship in 1996 and graduated from the U.S. Army War College Distance Education Program with a Masters degree in Strategic Studies in 2003.

Zadinsky's previous assignments include: Staff Nurse and Senior Clinical Nurse, Neonatal Intensive Care Unit, Walter Reed Army Medical Center; Pediatric Nurse Practitioner, 121 Evacuation Hospital, Seoul, Korea; PNP, Frankfurt Army Regional Medical Center, Frankfurt, Germany;

PNP, Dwight David Eisenhower Army Medical Center, Fort Gordon, Georgia; Nurse Researcher, Directorate of Health Care Studies and Clinical Investigation/Center for Healthcare Education and Studies, Army Medical Department Center and School, Fort Sam Houston, Texas; Chief, Nursing Research and Schools Division, DDEAMC, Fort Gordon, Georgia; Deputy Director, Directorate of Readiness, Education and Training, DDEAMC, Fort Gordon, Georgia; Interim Director, Practical Nurse Course, DDEAMC, Fort Gordon, Georgia; Deputy for Regulatory Compliance and Quality, U.S. Army Medical Research and Materiel Command, Fort Detrick, Maryland; Chief, Hospital Education and Training, DDEAMC, Fort Gordon, Georgia.

Zadinsky's military awards and decorations include the Legion of Merit; Meritorious Service Medal, four Oak Leaf Clusters; Army Commendation Medal; Army Achievement Medal; National Defense Service Medal; Korean Service Medal; Global War on Terrorism Service Medal; Armed Forces Reserve Medal; Army Service Ribbon and the Overseas Service Ribbon, 2. Her husband from Fort Worth, Texas, will be joining her in Japan.

## Military Injury Specialist Receives Lovell Award



**Dr. Joseph J. Knapik,**  
Program Manager for the Directorate of Epidemiology and Disease Surveillance,

received the Joseph Lovell Award on June 15. He is the 25th recipient of this award unique to CHPPM.

Named in honor of the first Army Surgeon General, a vigorous supporter of preventive medicine, the Joseph Lovell Award is presented each spring to a CHPPM staff member who has demonstrated exceptional initiative, creativity, innovative abilities, professional excellence, and enhancement of CHPPM's professional stature.

The prestigious award was presented to Knapik by Dr. James A. Vogel, who was responsible for the Army's research to develop entrance and occupational fitness standards.

Knapik is a world renowned expert on military injuries. His professional productivity and contributions to medical science are truly phenomenal and contribute greatly to the outstanding reputation that CHPPM enjoys. He is deeply immersed in the betterment of CHPPM, the U.S. Army, the Department of Defense, and the health of Soldiers worldwide by learning more about the cause of and developing methods to prevent Soldier injuries.

He is so well known in the military injuries arena that, on an almost daily basis, his expertise is requested by a variety of agencies and commands, including the U.S. Congress, the offices of the Army Surgeon General, the Army Chief of Staff, the U.S. Army Training and Doctrine Command, the Army Physical Fitness School, and national academic centers.

Due to Knapik's and others' initiatives, the near epidemic burden of injuries on our Soldiers is finally starting to be noted at levels as high as the Secretary of Defense. Knapik's most recent research has focused on examining injuries during implementation of the TRADOC Standardized Physical Training Program at Fort Jackson, South Carolina. Partly as a result of showing this program and the reduced injuries in Basic Combat Training, LTG Dennis Cavin mandated the standardized physical training program for all five BCT posts. Reducing injuries is of utmost interest to the Army and the DOD as emphasized by the Secretary of Defense. Knapik has also demonstrated that increasing fitness prior to BCT tends to reduce injuries and attrition during BCT. Knapik's work and subsequent publications have been the impetus for some major changes that are starting to occur at the highest military levels.

A surveillance system developed by Knapik at Aberdeen Proving Ground,

Maryland has been keeping key leaders informed on the injuries and illnesses of their troops. This system is an important model because until it was initiated, there was no other way developed to assist the decision makers in seeing when and where they were having a problem with injuries. One of the key components that makes this method unique is recording the causes of injury. Presently, there will be no other system that gives unit leaders and epidemiologists a way to obtain causes of injuries. Knapik's forward thinking has resulted in numerous ideas being turned into actions that are of benefit to the Army.

Looking at Knapik's contributions to CHPPM and the Army before 2003 speaks to the tremendous amount of work he has done. He has published at least 78 full-length articles in peer-reviewed journals, most of which he was first author and did the majority of the writing and analysis. Adding to that impressive list are 11 book chapters; 13 conference proceedings and trade journals; 70 published abstracts; 45 technical reports; and 69 conference, 22 command-level and 20 academic, presentations. This represents an almost incomprehensible amount of work, all of which has served to increase the Army's knowledge base resulting in both fiscal and personnel savings to the Army, the DOD, and the Armed

*Continued on page 20*

# School, Work, and Drag Racing

By: Linda D. Patrick

Kia Guyer is an Office Automation Clerk for the Deputy Chief of Staff for Information Management. She is a very busy young lady, a business student at Villa Julie College, Maryland; an intern at CHPPM; and now a qualified Super Competition Dragster. We wonder what's next for her.

Requirements for the Super Competition license included a blindfolded cockpit familiarization test, six successful track runs, and a physical. To fine-tune her racing skills, Guyer attended Frank Hawley's Drag Racing School in West Palm Beach, Florida. She said the two-day experience immersed her in the psychological aspects of competition. She had to learn how to be calmer and clear her mind before a race, thinking of nothing except getting a good reaction time and going down the track straight.

When college courses are over, she burns rubber on drag racing tracks across America. Most Sundays she can be found at the Cecil County Dragway fine-tuning her racing skills. Guyer's practices focus on better understanding her new car in the hopes of winning a few races on the Super Competition circuit for her sponsor, Freysinger Pontiac in Mechanicsburg, Pennsylvania.

Guyer comes from a family of car and racing enthusiasts. Her father has always enjoyed working on cars, and he introduced her to the sport of drag racing about 15 years ago.

Her current car, "Little Kauna II," is a 23-foot Ed Quay Dragster with a 355 cubic inch small block Chevrolet engine, capable of reaching speeds of over 150 miles per hour.



When asked why drag racing, she smiles and says, "It's in my life and in my blood. I attended my first race at age 5 in California and have been in love with drag racing every since. It's the thrill of high speeds and showing that girls can race, too." Kia's accomplishments prove that drag racing is an equal opportunity sport.

*Photo courtesy of Kia Guyer*



## Certificate of Appreciation

Joseph Suthpin, COL John Ciesla, David Gilbride, and Steve Kistner accept a certificate of appreciation from Combined Joint Task Force Horn of Africa, Djibouti, for completing ambient air health assessment associated with burning debris near the Combined Joint Task Force base camp in Djibouti City, Djibouti. The American flag had been flown over the Djibouti camp on the 60th anniversary of D-Day.

Lovell Award  
Continued from page 18

Forces of other nations. He is not only a remarkable scientist but also a tremendous person who has guided and mentored dozens of people who have used his example. Some have gone on to become scientists in their own right.

Knapik is the absolute epitome of the dedicated scientist, who has given freely of his skills, routinely devoting an extreme number of hours beyond his scheduled workweek to produce quality products far in excess of that which is expected.

## CHPPM-West Provides Onsite Support

By: Frederick Harrison,  
Entomologist

CHPPM-West provided onsite assistance to Fort Wainwright, Alaska, by performing the pest management portion of the Environmental Performance Assessment System. In addition to verifying compliance, the entomologist also provided onsite assistances in areas not normally addressed during this type of mission to include health and safety issues and pest surveillance and control.



## Gulf War Veterans – Oil Well Fire Exposure Information on the web

By: Warren Wortman, Environmental Geographer, Directorate of Health Risk Management

In addition to the risk of sustaining combat casualties, some of the U.S. troops deployed during the 1991 Gulf War were also exposed to the smoke from hundreds of oil well fires that burned out of control over a period of about nine months in 1991. Depending on their proximity to the burning oil wells, veterans could have been exposed to varying levels of petroleum combustion pollutants. Now, Gulf War veterans can get an assessment of the health risks from their exposure to the smoke by logging on to a CHPPM Gulf War Fires web site, <https://gulfwarfires.apgea.army.mil>.

To document the extent of environmental pollution from the burning oil wells, CHPPM gathered air and soil samples in Kuwait and Saudi Arabia from May 1991 until November 1991, when the last oil well was capped. By combining this sample data with troop location data, personnel registry, satellite images, and meteorological models, CHPPM can estimate a Gulf War veteran's exposure to oil well fire smoke and any health risk from that exposure.

By entering their social security numbers on CHPPM's Gulf War Fires secure web site, Gulf War veterans can get personalized information about their exposure to

oil well fire smoke, including a map of their units' known locations in theater, their health risk associated with exposure to oil well fire smoke, and CHPPM's method of calculating exposure and health risk.

An online form makes it easy for veterans to request a signed copy of their exposure and risk report. Answers to frequently asked questions related to exposure and health risk calculation are also provided on the web site.

For those who would like to learn more about the oil well fires set in Kuwait by retreating Iraqi forces during the 1991 Gulf War, read Department of Defense's Oil Well Fires Environmental Exposure Report at [http://www.gulfink.osd.mil/owf\\_ii/](http://www.gulfink.osd.mil/owf_ii/).



Photo courtesy of Dr. Jack Heller

## Get In Step

*Photo and Story by: Roger Teel, U.S. Army Hospital, Wurzburg, Germany*

There's a move afoot, quite literally, that's changing the shape of every Big Red One community who "get in step" with the program. It's called "Walk to Iraq – and Back," a grassroots wellness program that sprang to life as the 1st Infantry Division deployed.

The program targets family members of deployed Soldiers but is open to all who are interested. Participants must average 6.5 miles a day, six days a week to complete the overall 4,000 mile goal – the distance from Wurzburg to Baghdad and back - in 12 months. Those who "Walk to Iraq" and accumulate 2,000 miles will also be recognized. Bonus miles are awarded for those who participate with their Family Readiness Group, and double miles are awarded for participation in community fitness activities such as volksmarches and fun runs.

Alternative forms of exercise – bicycling, swimming, using cardio machines, playing sports – count toward the mileage goal. Pedometers are available – free, in limited quantities - for participants to track their mileage.

"Each participant needs to average 10,000 steps per day, about 6 miles, to meet the Walk to Iraq goal," said Anna Courie, CHPPM-Europe Health Promotion and Wellness Coordinator for Wurzburg Hospital and the 417<sup>th</sup> Base Support Battalion. Courie played a large hand in getting the program started, as it is an adjunct to the "Walk out on Work" program she had previously initiated.

"Walking has been shown to be the most health beneficial exercise we can do. It builds strength and stamina and improves overall cardiovascular health. The health benefit is also cumulative – every step taken during the day helps," she said.

The "Walk to Iraq" program has grander aims than simply meeting the there-and-back goal. "It's about doing something positive, about getting people up and around in their communities," said Sandy Kamena, spouse of COL Gene Kamena, division chief of staff.

"What better way to spend the time our spouses are deployed than working to improve our health, our physiques, and keeping a positive outlook? Walking, exercising, and meeting others who do the same is a terrific way to pass the time. It also helps us become closer and more connected to the community where we live."

"Walking is wonderful for many reasons," added Michelle Batiste, spouse of division commander MG John Batiste. "It increases stamina and endurance, and it's not as intimidating to start as some other fitness programs might be. You can do it by yourself, pushing a baby stroller, or walking the dog, and it's always fun to be with friends."

Batiste and Kamena walk together daily and follow an established trail around the perimeter of Leighton Barracks.



Dressed against the morning chill, Michelle Batiste and Sandy Kamena start out on their daily walk around Leighton Barracks.

"The routine of walking every day takes commitment, so it's great when you have a partner who encourages you, who picks you up when you need it," added Kamena.

Residents in all Big Red One communities are encouraged to take part. Registration forms are available from your unit's Family Readiness Liaison or through your FRG leader. Courie encourages participants to also have an optional fitness assessment. "This helps track your progress to overall fitness," she said. Mileage should be tracked daily and reported monthly to the Family Readiness Liaison or FRG leadership. Once a walker or FRG accumulates enough miles to reach Iraq, they will receive a certificate from the 1st Infantry Division. When the division returns, a ceremony will recognize all participants who complete the program's goals.

# Healthy Families Have Fewer Home Front Worries

By: LTC James Cartwright, Social Worker, Directorate of Health Promotion and Wellness

The military child with a parent deployed in Iraq or Afghanistan may suddenly be impacted by worries and fears about the parent who may be in danger. “The military child is on the home front of world events,” said CHPPM’s LTC (Chaplain) Ronald Smith.

The child learns about the dangers of deployment from a variety of sources, including the at-home parent, teachers, friends, and from radio and television. The good news is that parents can take relatively simple measures to ensure that children cope effectively with the circumstances of deployment.

## Active and connected

A structured, stable, and safe emotional and physical environment for the children of deployed military service members is paramount. Children require reassurance that they are cared for and safe while the parent is away. The at-home parent should establish and maintain social supports that help the family and child cope with the separation, such as periodic get-togethers with other family members or gatherings with friends and neighbors. Maintaining contacts with the parents of the deployed soldier preserves important family interactions that can also provide emotional support for the at-home parent. Also, it is important to stay in close touch with the child’s school and teacher.

Predictable activities and routines will help children cope with the unpredictable events of deployment. Maintaining the usual child activities such as after school sports, clubs, and religious meetings will help to normalize the weeks and months of separation. By keeping the family traditions going with monthly outings to a favorite park, restaurant, or movie, the children can focus for a while on immediate events rather than their concern about the deployed parent’s safe return. These experiences also provide children with positive subjects when communicating with the deployed family member.

## For the at-home parent

The at-home parent, the only parent on duty, is bound to experience some distress. It is important to take time away from the children to emotionally and physically revive. A planned respite is essential to maintain sanity. Positive thinking will foster better moods and coping and can be contagious to the child and other family members. The family should be encouraged to share their feelings and concerns with an eye to a positive outcome. The at-home partner should remember to assure the deployed partner of his or her love and commitment.

Reframing the deployment experience positively as a challenging opportunity for growth will help

the family to endure and will result in fewer home front worries for the deployed parent.

## Talk about it – and listen

Talking to children about the deployment of a parent can be easier than it might seem. Communicating openly about the Soldier’s situation can minimize child worries and fears, especially about the safety of the deployed parent and the security of the family.

Parents should be honest about the deployment of a parent in a way that is appropriate for the age of the child, using language that the child can easily understand. Children benefit while a parent is deployed when a parent or family member helps them sort out what they hear and see in the news. By following the child’s lead, small pieces of information at a time will often indicate how to proceed with further discussions. Explain where the parent is and the special job that he or she is doing for our country. The child’s questions should be answered opening and honestly, and the kind of questions asked will help focus on what is important to that child.

## Coping through creativity

When time seems to creep along waiting for the return of the deployed parent, there are creative and simple

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## CHPPM-West's Newest Certified Industrial Hygienist

Congratulations to Ernest (Russ) Crutcher, CHPPM-West's newest Certified Industrial Hygienist. Crutcher achieved the Certified Industrial Hygiene designation by the American Board of Industrial Hygiene. Crutcher has been with CHPPM-West for 5 years; he started as an Oak Ridge Institute for Science and Education participant in 1999. He holds a Master of Science in Industrial Hygiene from Montana Technical School, Butte, Montana and a Bachelor of Science from the University of Washington, Seattle, Washington. Currently, he is the Project Manager of the Baseline Armory Assessments for all of Oregon Army National Guard Armories.

## School Dazes for CHPPM-West and First Graders

By: MAJ Sonya Schleich, CHPPM-West

Preventive Medicine Technicians with the Entomological Sciences Division, Fort Lewis, Washington, provided on-site classroom instruction to first graders of the Greenwood Elementary School, Fort Lewis, Washington. The children received instruction on the anatomy of insects in addition to discussing some common terminology used in the entomology field such as taxonomy, metamorphosis, arthropod, and chitin. The children were provided the opportunity to observe live cockroaches, walking sticks, and to actively participate in field collections of insects for further identification. The Entomological Sciences Division continues to foster community relations through local instruction of school children by fostering their interests in the science of entomology.



*Health Families Have Fewer Home Front Worries*  
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ideas that can help measure the passage of time. Marking a calendar with interesting and colorful stickers can help a child keep track of dates and events. Because communicating with the deployed parent through e-mail can be slow at times, the printing and storing of past e-mails to read and re-read keeps a feeling of connection when new e-mails are not forthcoming.

### Helpful resources

Many excellent resources are filled with general guidance on the complexities of parenting children in the military. For example, Army Community Service provides parenting classes to parents of infants, toddlers, school age children and teens.

The following Web sites provide information helpful to military families and children:

Army Family (<http://www.armymwr.com/portal/family>)

HOOAH 4 Health (<http://www.hooah4health.com>)

About our kids.org ([www.aboutourkids.org/](http://www.aboutourkids.org/))

Kids health (<http://kidshealth.org/>)

National Association of School Psychologists ([http://www.naspcenter.org/safe\\_schools/coping.html](http://www.naspcenter.org/safe_schools/coping.html))

# CHPPM's FTX 2004

By: PFC Elvia Gonzales, CHPPM, Headquarters, Headquarters, Company

The U.S Army Medical Research Institute of Chemical Defense took the lead this year on the annual CHPPM Field Training Exercise held June 7-11 at the Gunpowder Military Reservation in Glen Arm, Maryland. Officers and enlisted Soldiers from CHPPM, U.S. Army Medical Research Institute of Chemical Defense, Kirk Army Health Clinic, and Aberdeen Proving Ground Dental Clinic participated in this exercise. The intent of the FTX was to build and test leader confidence, promote esprit de Corps, and train Soldiers to support Professional Officer Filler System, Special Medical Augmentation Response Team, and augmentee and contingency operations worldwide.

The exercise, planned and coordinated by CPT Matthew Moser and MSG William Cafferky of MRICD, with

assistance from CHPPM Headquarters and Headquarters Company, CPT Tanya Garcia; Company Commander, and 1SG Keith Burroughs; and SFC Craig Dyer, started with a focus on safety. Early in the planning phase, a dedicated safety officer and field sanitation team were appointed. The safety officer, Mr. Roy Valient, made sure that all tenets of Field Manual 100-14, *Risk Management*, were adhered to during the exercise. To combat disease non-battle injuries, the FST issued Soldiers Individual Dynamic Absorption Kits and provided instructions for its use on how to treat two sets of uniforms with permethrin to increase protection from arthropods during the FTX. They also established hand-washing stations, monitored the Wet Bulb Global Temperature, advised the commander on work rest cycles,

and provided ice-cold water to enforce hydration. This coordinated effort between the safety officer and the FST resulted in zero injuries throughout the exercise.

The FTX increases the readiness of all the units involved through classes and hands-on training in land navigation; communication; nuclear, biological, and chemical training; first aid; basic marksmanship; and survival techniques. In addition to this training, participants were given the opportunity to load casualties onto the UH60 Blackhawk Helicopter, the Light Medium Tactical Vehicle, and the High Mobility Multipurpose Wheeled Vehicle. The exercise culminated with a "Force-on-Force" operation given by the Aberdeen/Edgewood Post Police Department that tested efficiency of the training presented at the FTX.



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